

**CLAIMS**

I claim:

1. A therapeutic support pad comprising:  
a pliable and elastic elongate core;  
a flexible wall member enveloping the core to form a bladder;  
an elongate tubular member covering the wall member, and the tubular member being less pliable than the core and capable of being folded, and the combination of the tubular member and core being cylindrically shaped.
2. A therapeutic support pad as in claim 1 in which the core is comprised of a gel.
3. A therapeutic support pad as in claim 1 including a cover for comfort or aesthetic appeal.
4. A therapeutic support pad as in claim 3 in which the cover includes at least one elastic strap attached to the cover for retaining the pad in a folded configuration.
5. A therapeutic support pad as in claim 2 in which said gel is formed from the combination of a solution of polyvinyl alcohol combined with a solution of sodium borate.
6. A therapeutic support pad as in claim 1 in which said tubular member is comprised of polymeric foam.
7. A therapeutic support pad as in claim 1 which said pad is 2 to 4 inches in diameter.
8. A therapeutic support pad as in claim 1 which said pad is 2.25 to 2.75 inches in diameter.
9. A therapeutic support pad as in claim 1 which said pad is 24 to 36 inches long.
10. A therapeutic support pad as in claim 1 which said pad is 25 to 28 inches long.
11. A therapeutic support pad comprising:  
a pliable and elastic elongate gel core;  
a flexible wall member enveloping the core to form a bladder;  
an elongate tubular member constructed of polymeric foam covering the wall member, and the tubular member being less pliable than the core and capable of being folded, and the

combination of the tubular member and core being cylindrically shaped and at least 2 inches in diameter and at least 24 inches in length.